

# Student News, Student Views

Vol. 6 July 13, 2006



## Symposium Coming Soon

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Well, here we are in the middle of July. While we still have many events to look forward to such as the Annual Student & Postdoc Symposium, which is only three weeks away, we also need to start looking ahead and inform you of what you will need to do as you prepare to complete your summer internship. You recall the hiring process, so it is no surprise that there is a process to prepare for your departure! Whether you are going back to school (away from Los Alamos), are going to school and working at LANL during the academic year, or are here on a post baccalaureate or post masters appointment there is information we need you to be aware of.

However, before you leave it is time that we hear from you via the annual student survey. It is your turn to tell us how we are doing. Remember the purpose of your internship is to have a well-rounded and well-informed experience. So we need to know if we have met your expectations.

I hope many of you are still considering running for a Students' Association (SA) Officer position. SA plays an important role at LANL so sign up, run for an officer position, and get involved.

Happy Reading!  
Carole

### It's time for the annual Student Survey: July 13 - 27!

Each year the Education & Postdoc Office seeks input from you about your internship experience via the annual student survey. This electronic survey will not take more than 10 minutes and your responses are confidential and very helpful. Whether you are new to LANL or have been an intern for some time, we need your input. The responses you provide are analyzed and used to help make program and process improvements for the next year. Each year we have had over a 30% response rate which is great! Please help again by completing the survey at:

[http://dominoapp2.lanl.gov/esurveyor5/annual\\_student\\_exit\\_survey.nsf/](http://dominoapp2.lanl.gov/esurveyor5/annual_student_exit_survey.nsf/)

### **DEPARTURE--TERMINATIONS/CASUAL PROCESSES**

Students who plan to return to school for the fall semester should notify their mentor and liaison regarding their plans. Students who are on 90 day appointments will automatically have their appointment types changed to Casual Status by Human Resources unless a Termination action is initiated. Specific instructions for the departure process for students who will be terminating or going on casual status can be found at: <http://int.lanl.gov/worklife/benefits/lifeevents/termination.shtml>. Students should allow at least a week to ensure the departure process is completed before leaving the Laboratory. Questions should be directed to [bmontoya@lanl.gov](mailto:bmontoya@lanl.gov).

## ***Symposium 2006 -- An All Students Event...***

The 2006 Student and Postdoc symposium is almost here. This year's symposium will be held at UNM-LA on August 2<sup>nd</sup> and August 3<sup>rd</sup>. There are still openings for poster and technical talk presentations. The registration deadline is July 14<sup>th</sup>. All summer students are invited to come and view the work showcased by fellow students and post doctoral appointees. This is open to all students. Take some time to view the agenda and mark your calendar to come to this year's symposium. The symposium is open for public viewing at no charge on August 3rd. See you there!

### **SYMPOSIUM 2006** **"Championing Scientific Careers"** **August 2 and 3, 2006** **University of New Mexico — Los Alamos**

#### **Wednesday, August 2, 2006 (Day 1)**

<b>8:00 - 10:00</b>	<b>Registration and Poster Setup</b>	<b>UNM-LA Student Center</b>
<b>10:00 - 12:00</b>	<b>Poster Review by Classification Safeguards, S-7</b>	<b>UNM-LA Building 6 and Student Lecture Hall</b>
<b>12:00 - 1:00</b>	<b>Lunch for Poster Presenters</b>	<b>UNM-LA Student Center</b>
<b>1:00 - 5:00</b>	<b>Poster Judging *Open to Judges and presenters only</b>	<b>UNM-LA Building 6 and Student Lecture Hall</b>

#### **Thursday, August 3, 2006 (Day 2)**

<b>8:00 - 9:00</b>	<b>Registration cont. Exhibitor Set-up Continental Breakfast Registrants and Exhibitors only</b>	<b>UNM-LA Student Center</b>
<b>8:00 - 2:00</b>	<b>Poster Session with Students *Students to be by their posters from 8:00 - 11:30</b>	<b>UNM-LA Building 6 and Student Lecture Hall</b>
<b>11:30 - 12:30</b>	<b>Lunch Participants Only</b>	<b>UNM-LA Student Center</b>
<b>1:00 - 5:00</b>	<b>Technical Talk Presentations</b>	<b>UNM-LA Buildings 5 and 6</b>
<b>2:00 - 3:00</b>	<b>Poster Breakdown</b>	



**Thursday, August 3, 2006 (Day 2) cont...  
(for presenters only)**

**5:30 - 7:30**

**Awards Banquet**

**UNM-LA Student Center**

**Introduction**

**Dave Foster, Education and Post-doc Office Program Manager**

**Welcome from Senator Jeff Bingaman**

**Helen Maestas, Senator Bingaman's Office**

**Welcome**

**Mike Anastasio,  
LANL Director**

**Introduction of Speaker**

**Kimberly Thomas, Science and Technology Base Program Director**

**Keynote Address:  
"Celebrating the Past, Present and Future"**

**Frank Harlow, Retired, LANL  
Michael Steinzig, LANL**

**Induction of New Students' Association Officers**

**Kim Tait, Students' Association Chair**

**Student and Mentor Distinguished Performance Award Presentations**

**Robert Nemzek, Student Programs Advisory Committee**

**Symposium Award Presentation**

**Director Mike Anastasio and Kim Tait**

**Closing Remarks**

**Dave Foster**



## **SA Executive Officer Call for Nominations for Fall 2006 to Fall 2007**

It's that time of year again, time for the Students' Association to begin accepting nominations for next year's Executive Officers. No compensation or benefits may be obtained for Executive Officers, but it will give you a strong sense of accomplishment, be a lot of fun, and look great on your CV! I know there are a lot of you out there who will be here year-round who are extremely qualified to plan and run the activities that the SA offers each year. There will be an open meeting Tuesday, July 18th on the patio at Trinity Beverage Company from 4 to 5 pm for students interested in running for office, as well as for those who want to just come say hi. The following information will give you the requirements and responsibilities for each office.

**Am I eligible to run for office?** In order to be eligible to run, you should be a year-round student (that is, any person participating in any of the LANL student or special programs, including student guests), be able to commit to the one year appointment, and have your mentor's approval. Any student meeting the requirements is eligible and encouraged to seek, obtain, and hold office. The following offices are available: Chair, Vice Chair, Secretary/Administrative Assistant, Treasurer, and Webmaster.

**What will my responsibilities be?** The SA Officers are responsible for maintaining contacts with the Student Programs Advisory Committee (SPAC), Science and Technology Base Programs Office: Education and Post-doc Office (STBPO-EPDO), the governing body of the Laboratory, as well as representing the student body. In addition, each SA Officer will chair at least one sub-committee. Sub-committees may include, but are not limited to, by-laws, budget, elections, summer social and educational activities, year-round activities, and planning. Detailed responsibilities and authorities of each position are listed below this paragraph.

**How do I run for office and how will elections be handled?** Officer nominations and mentor approval should be sent to the SA Vice-Chair, Raea Hicks ([rhicks@lanl.gov](mailto:rhicks@lanl.gov)). Your application should consist of two parts: a biography and mentor approval. Biographies should include a brief personal background, academic field, status (UGS/GRA), interest in serving on SA, qualifications, and SA goals. **Biographies are due Friday, July 21st.** If your biography is not submitted on or before July 21st, you will not be eligible to run for an SA Executive Office this year under this routine election. **Mentor approval is due one week later, on Friday July 28th.** Same rules apply. Your mentor should send an email acknowledging and approving your decision to run for this 1-year office to the email listed above. Voting will take place Monday, Tuesday, and Wednesday, July 31- August 2. Results will be announced at the Symposium Banquet on August 3rd.

More information is available at <http://sa.lanl.gov/bylaws.php>

From "Article VI, Section D: Responsibilities and Authorities":

The following responsibilities are intended to act as a guideline that will be modified as needed. The authority of the SA Officers shall be distributed as follows:

### **1) Chair**

- a) Serves as Chief Executive Officer of SA.
- b) Has co-signature authorization over all budgetary expenditures with the treasurer.
- c) Coordinates all meetings including: SA meetings, Student All Hands meetings, and attendance and participation at Student Programs Advisory Committee (SPAC) and other student related activities.
- d) Serves as a voting member of the (SPAC).
- e) Schedules and presides over all business meetings.
- f) Develops, implements, and manages strategic efforts for membership retention, growth, and the development of student activities.
- g) Must chair a minimum of one sub-committee.

### **2) Vice Chair**

- a) Serves as the Chair in the absence of Chief Executive Officer.
- b) Develops, implements, and manages strategic efforts for maintaining representative membership.
- c) Verifies and reports on all SA elections in conjunction with the SA Advisor.
- d) Has signature authorization in the absence of the Chair for budgetary expenditures.
- e) Coordinates SA sub-committees.
- f) Works closely with the Chair in the business and operation of the Students' Association.
- g) Must chair a minimum of one sub-committee.

**(Continued on page 5)**



### Students' Association Elections (continued from page 4)

#### 3) Treasurer

- a) Responsible for preparing and having the budget approved by officers and the SA Advisor by LANL fiscal year end (September 30) for the following year.
- b) Manages the finance and business operations of the Students' Association.
- c) Collects and documents any and all financial expenditures.
- d) Provides a monthly treasury report.
- e) Assumes the position of Chair in the absence of the Chair, and the Vice Chair.
- f) Must chair a minimum of one sub-committee.

#### 4) Secretary/Administrative Assistant

- a) Responsible for providing input to STB-EPO for the Student News, Student Views newsletter.
- b) Documents minutes from SA business meetings.
- c) Responsible for sharing communications directly with students.
- d) Assists webmaster in developing, creating, updating, and announcing student events and activities.
- e) Works directly with the webmaster to ensure full distribution of communications.
- f) Assumes the position of the Chair in the absence of the Chair, Vice Chair, and Treasurer.
- g) Must chair a minimum of one sub-committee.

#### 5) Webmaster

- a) Responsible for maintaining the SA website and is responsible for posting student communications, information, and activities.
- b) Works with the SA Officers to provide information to students via the SA website.
- c) Serves as Chair in the absence of Chair, Vice Chair, Treasurer, or Secretary.
- d) Must chair a minimum of one sub-committee.

### MSTea and Cookies

What: Come talk Materials Science with your peers and enjoy tea and cookies! This is an excellent opportunity to meet with other students, postdocs, and researchers to discuss data, network, and eat tasty cookies and drink tea! Social gatherings alternate with informal speakers, who range from students sharing their results to upper management discussing their outlook on LANL's future. In this relaxed atmosphere, discussions on a wide variety of scientific, as well as, non-technical topics can give new perspective on issues at the lab. Hope to see you there!

Calendar with future scheduled events: <http://www.mst.lanl.gov/internal/calendar.shtml>. Contact: Heather Volz, [hvolz@lanl.gov](mailto:hvolz@lanl.gov) or 5-4370. Sponsored by MST and MPA Divisions

#### COMING SOON:

- July 19 - Cynthia Welch (MPA-PC)
- July 26 - Social Gathering
- August 2 - Cristian Pantea (MPA-NHMF)



**Headphone Dance Party**  
Thanks to everyone who came to Los Alamos' First Ever Headphone Dance Party! You were there, you felt the groove, and you can do it again. Stay tuned for more HDPs.

### SA Open Meeting

**You're invited!** The next Open Meeting of the Students' Association will take place on Tuesday, July 18th, on the porch at Trinity Beverage Company from 4 to 5 pm. If you're interested in running for an SA Executive Office, this would be a great way to stop by for a meet-n-greet with some of the officers and ask them what their year on SA was like. Also, we'd like for you to give us some feedback. What have we done right? What could have been done differently?

For those students that have not picked up their Community Welcome Cards, they will be handed out at this meeting. These discount cards are valid for one year. As always, this meeting is a good opportunity for socializing and networking. We hope to see you there!



Due to popular demand, a second **LANSCE tour** has been setup for **Monday, July 17th**. The tour will be of the linear accelerator and the Manual Lujan Neutron Scattering center which is an international user facility. More information about LANSCE can be found at <http://lansce.lanl.gov/>.

Because of the popularity of this tour, it has already been filled. SA will try to set up additional tours in the future. We will let you know as soon as we have these additional tours scheduled.

### **SA Reports: Recruiting Breakfast**

Thirty-five students attended the Human Resources breakfast hosted in the Otowi Side Rooms Thursday, June 29<sup>th</sup> at 8:30am. Aramark hosted the breakfast so there was a great selection of breakfast burrito fixings, juices, coffee and water. Ronnie Cohen, who is the Chief of Staff for Human Resources gave an overview of what Human Resources does and answered any questions we had. Sandra One Feather and Mikelynn Romero gave an overview of the Student Ambassador and the Alumni program of recruiting new students. If you have any additional questions regarding the Student Ambassador Program, or were unable to make it and are interested in the program, please contact Mikelynn Romero at 606-2178 or [mikelynn@lanl.gov](mailto:mikelynn@lanl.gov). Applications are due Friday, July 21st.



### **SACNAS National Conference Coming October 26-29**

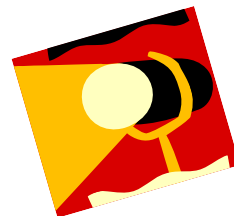
Beginning in 1973, the **Society for Advancement of Chicanos and Native Americans (SACNAS)** has served a mission *to encourage Chicano/Latino and Native American students to pursue graduate education and obtain the advanced degrees necessary for science research, leadership, and teaching careers at all levels*. Since its inception, SACNAS has provided strong national leadership in improving and expanding opportunities for minorities in the scientific workforce and academia; mentoring college students within science, mathematics and engineering; as well as, supporting quality pre-college science education. The cornerstone of SACNAS' programs is the annual National Conference held each fall. The conferences feature career advancement workshops, scientific symposia, exhibits, student presentations and guest speakers designed to provide the resources Chicano/Latino, Native American, and other postdoctoral, graduate and undergraduate science and engineering students need to pursue advanced degrees in the sciences. The conference focuses on mentoring and creates an atmosphere of interaction promoting professional insight into every scientific and engineering discipline and many sub disciplines. Students have the opportunity to present their research and receive constructive criticism by professionals in their discipline and from a more general audience as well. SACNAS promotes advancement of underrepresented education, however all students are able and encouraged to attend and apply to present at the national conference. This extends to students performing research at their home universities or colleges and those performing summer research experiences. All students may apply for financial aid for travel and lodging to attend the national conference, this year being held from October 26-29 in Tampa, FL. For information on SACNAS and the national conference please visit the website: <http://www.sacnas.org/> and/or contact Gabriel Montaña a TSM in MPA-CINT and SACNAS life-member and presentations committee member at [gbmon@lanl.gov](mailto:gbmon@lanl.gov).





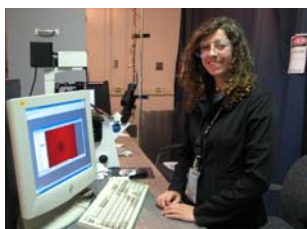
# Spotlight On

## Armanda Rocco



The Science Undergraduate Laboratory Internships (SULI) program places students in paid internships in Science and Engineering at participating Department of Energy facilities. The participants in the program must be pursuing a degree in science or engineering. Students work with scientists or engineers on projects related to the Laboratory's research programs. Each laboratory offers different research opportunities. The appointments range from 10 weeks for the summer term to sixteen weeks for the fall and spring terms. Each student is expected to complete the full program, submit a Research Paper or Power Point presentation, submit an abstract of their research, and be involved in all enrichment activities including career guidance, lectures, tours, and group activities. Twelve students were selected to intern at LANL as part of the SULI program. Armanda Roco, currently a participant in the program, was selected for this interview.

Armanda was raised in northern Virginia near Washington DC. She will be a sophomore at the University of Virginia in the fall, and has declared biology as her major. She found out about the SULI program while attending a conference with her dad at the University of Pennsylvania last year, where she met her current mentor. Armanda was also accepted for a summer internship at Cornell, NY in the Research for Undergraduate Students program. Her decision to come to New Mexico was based on several reasons: she enjoys the outdoors, the large number of students at LANL during the summer was a plus, she had never been to the Southwest, and she liked the research aspect of the SULI program.

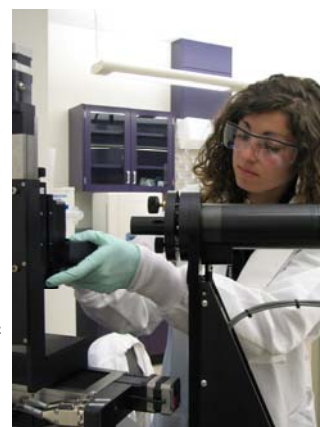


Armanda's future depends on what aspect of biology she will choose to follow. She is interested in molecular biology, genetics, marine biology, ecology, and evolutionary biology – and possibly the combination of several fields. One of the main things she is enjoying about this summer is that she is putting to practical use much of what she learned last year in the classroom. At this point, she generally enjoys the research work, but commented that being a professor of biology might also be in her future. She is grateful for the help from her mentors, Gabriel Montañó and Andrew Dattelbaum. They have stressed the safety aspects of her work while guiding her through her research and have encouraged her to find alternate solutions when she ran into problems. She has enjoyed her work here because, even though she works in the material science division, much of her research incorporates aspects of biology.

Armanda's research involves working with the controlled assembly of protein-mediated lipid multi-layers. "A myelin sheath is a multi-bilayered structure that wraps around nerve fibers and insulates them for efficient nerve impulse conduction and transmission of electrical signals to provide muscular movements. The breakdown of myelin, from either diseases such as multiple sclerosis or trauma from nerve injury, can prevent people from properly performing basic motor functions." Armanda is creating these synthetic multi-layered structures in a lab setting and experimenting on the multi-layer's fluidity to determine what could cause their deterioration resulting in the loss of basic motor functions.

Her advice to other students, "Take advantage of your research project and get all the experience you can here at LANL. Be open – don't hold back. Get out and meet people, and take advantage of all the opportunities you can. Stay active." This certainly doesn't just apply to the Lab. So far this summer, Armanda has gone rock climbing, camping, tubing down the Chama River, cliff jumping, run in the 5K at the YMCA, attended a kayaking class, volunteering at the "Pancakes on the Plaza" in Santa Fe on July 4<sup>th</sup>, and climbing Mount Wheeler. She also plans on visiting the Grand Canyon before leaving. Other hobbies include soccer, tennis, and reading.

The SULI program is coordinated at LANL through the Education and Postdoc Office in the Science and Technology Base Programs Office in partnership with the Department of Energy's Office of Science. More info about the SULI program can be found at <http://www.scied.science.doe.gov/scied/erulf/about.html>.



Best of luck in your research, Armanda. We wish you the best!



Los Alamos inventions impact the world!

### Come to the Technology Transfer (TT) Division's Innovation Challenge

#### When?

**Wednesday, July 19th, 2006**  
4:30 p.m. – 6:00 p.m.

#### Where?

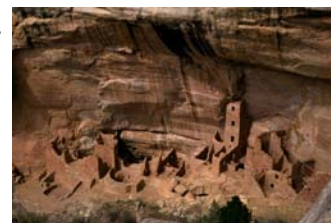
Technology Transfer Division  
TA-00, Bldg 1325, Room 201  
2<sup>nd</sup> Floor Conference Room  
Pizza and Sodas Provided

The **Innovation Challenge** is a fun and interactive way to learn about technology commercialization.

The Technology Transfer Division is located on Trinity Drive, across the street from Ashley Pond. For information or to RSVP, contact Erica Sullivan at [eab@lanl.gov](mailto:eab@lanl.gov) or 667-9219.

### July 20 Bandelier Trip

Want to take a break from your hectic work schedule and learn about some of the history and geology in the area? The Students' Association is hosting a trip to Bandelier National Monument on July 20 starting a 9am, ending at 3pm. Be sure to bring comfortable hiking shoes, plenty of water, and a sack lunch. The trip will include a brief discussion about Bandelier and then you are free to hike wherever you want in Bandelier for the rest of the day. We will meet at the Wellness Center parking lot at 9am and the bus will be picking us up at Bandelier to bring us back to the Wellness Center at 3pm. Be sure to ask your mentor for permission to attend this all day event. Space is limited to 30 people so reserve your spot quickly by sending your name to [nesia@lanl.gov](mailto:nesia@lanl.gov).



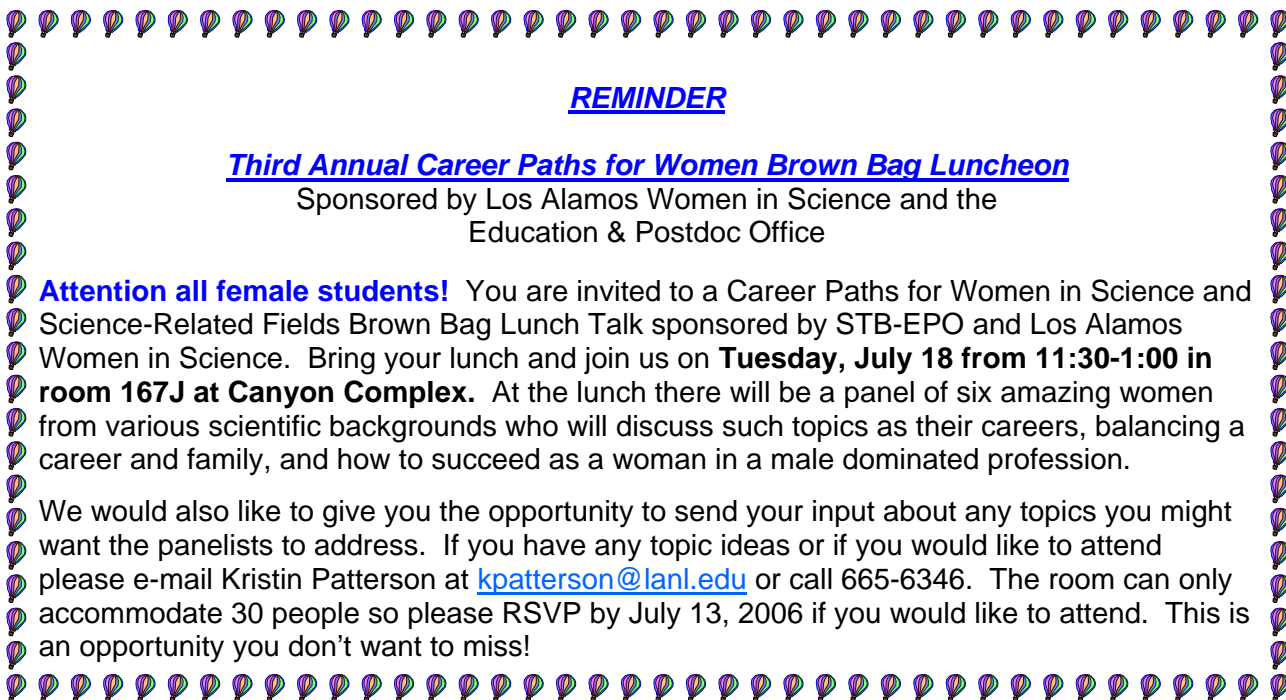
### REMINDER

### Third Annual Career Paths for Women Brown Bag Luncheon

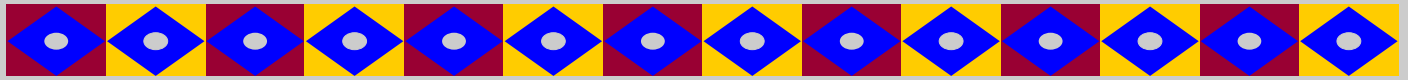
Sponsored by Los Alamos Women in Science and the Education & Postdoc Office

**Attention all female students!** You are invited to a Career Paths for Women in Science and Science-Related Fields Brown Bag Lunch Talk sponsored by STB-EPO and Los Alamos Women in Science. Bring your lunch and join us on **Tuesday, July 18 from 11:30-1:00 in room 167J at Canyon Complex**. At the lunch there will be a panel of six amazing women from various scientific backgrounds who will discuss such topics as their careers, balancing a career and family, and how to succeed as a woman in a male dominated profession.

We would also like to give you the opportunity to send your input about any topics you might want the panelists to address. If you have any topic ideas or if you would like to attend please e-mail Kristin Patterson at [kpatterson@lanl.edu](mailto:kpatterson@lanl.edu) or call 665-6346. The room can only accommodate 30 people so please RSVP by July 13, 2006 if you would like to attend. This is an opportunity you don't want to miss!







### **Get Involved — With the Volunteer Task Force**

The Volunteer Task Force (VTF) is a non-profit group that was created out of the need for massive rehabilitation to our community after the Cerro Grande Fire. Thousands of volunteers have given time and energy since, restoring all our beautiful trails, mulching, seeding, planting trees, and helping mitigate the erosion process on our post-fire landscape.

The VTF works throughout the year, holding work parties with community groups (the Tuff Riders, the local elementary schools, the boy scouts & girl scouts/brownies), and we're starting up a summer of field work parties, held Fridays from 8:30 am to noon. We'll be doing a lot of different projects, most involving stormwater management (one of our current areas of focus). We'll be doing trailwork, planting trees, and a myriad other things to help the community. We provide all the tools & training on how to use them. **We just need enthusiastic volunteers that want to help & make a difference!**

Volunteers should wear long pants, sunscreen, and bring plenty of water and a snack. The long pants are important because you will be working with sharp tools in order to avoid getting hurt.

There will be an email sent out by Tuesday of each week to announce the location of the upcoming work party. To get on the mailing list, or for more information, contact Sylvan Sierra Argo at [sylvan.argo@gmail.com](mailto:sylvan.argo@gmail.com) or 412-2654.

**Come Join Us  
For**



**“Monday Night  
at the Pit”**

The United Church of Los Alamos has planned to offer a “decompression opportunity” for Lab university students every Monday evening this summer from 5:30 —7:00 p.m. Food will be available, and the volleyball court and basketball area will be open.

The volleyball court is a newly refurbished sand court located at the corner of Canyon and central, across from the Aquatic Center. Come by and have a fun, relaxing evening.

For information or questions, contact Eric Schmierer at 667-0683 ([schmierer@lanl.gov](mailto:schmierer@lanl.gov)).

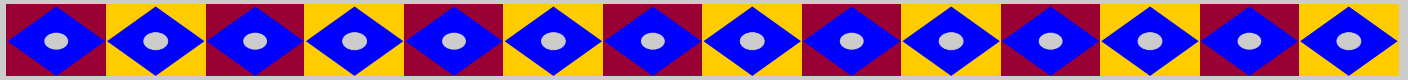
### **Plasma Physics Summer School**

Throughout the summer and through the first week of September, the Plasma Physics Summer School (PPSS) is held at the **P-24 (TA-35), Plasma Physics Group**, building 86, room 205. The goal of the Plasma Physics Summer School is to educate LANL undergraduate students (UGS) and Graduate Research Assistants (GRA) in the fields of plasmas and laser-plasmas interactions and to attract prospective upper level students to the laboratory later on in post-doctoral, or staff positions. In order to qualify for PPSS, participants must be UGS or GRA at LANL during the Summer School. No clearance is required. We strongly encourage the participation from different LANL divisions to broaden and share student experiences. In the previous and past years, students were recruited from Northern New Mexico Community College, Massachusetts Institute of Technology, New Mexico Tech, Stanford, University of New Mexico - Los Alamos, University of Michigan, Cornell, Purdue, Princeton, and the University of Bordeaux.

Distinguished invited speakers as well as staff members and postdocs from LANL will be giving lectures every Tuesday morning at 9:00 a.m. (June to September), Wednesday at 12:00 P.M. (June) and Thursday afternoon at 3:30 p.m. (July to September). Please check out the timetable. These talks are designed to give the students an overview of all plasma physics aspects, from the fundamental principles to the most advanced applications. Students will also get familiarized with a wide range of engineering concepts, very useful for designing complex experiments. No previous knowledge of the subject is assumed. Currently, the one scheduled lecture will be:

**August 1 - 9 a.m. - Why is ITER so Darn Big?  
Turbulence and Transport in Magnetized Plasmas**

Additional lectures will be posted as they are scheduled. For more information, contact Tom Intrator at [intrator@lanl.gov](mailto:intrator@lanl.gov), or 665-2927. You can also find additional information at [http://wsx.lanl.gov/R SX/PPSS\\_2006/PPSS2006b.html](http://wsx.lanl.gov/R SX/PPSS_2006/PPSS2006b.html).



## SAFETY FIRST

### *Ergonomics: How Equipment Design Affects Your Health*

Webster's Dictionary defines ergonomics as the "study of equipment design in order to reduce operator fatigue and discomfort". Here at the Laboratory, there are 17 listed categories of "ergonomic tips" at [https://int.lanl.gov/safety/ergonomics/ergo\\_tips.shtml](https://int.lanl.gov/safety/ergonomics/ergo_tips.shtml). Ergonomics is of great importance to the Laboratory – but even more important to your personal health. Listed below are just a few of the categories

and a short synopsis of each area. You definitely should check out this website if you have any problems with any of the equipment you are using on a daily basis.

**Computer Vision Syndrome (CVS):** This area includes eye and vision related problems associated with computer use. Symptoms can include eye strain, headache, dry and irritated eyes, blurred vision, and tired eyes. Neck and back pain can also occur if posture is improper. As workers spend increasing amount of time at computers, more computer vision problems are being noticed. It is estimated that more than 60 million Americans suffer from CVS. Here are just a few ways of how to reduce your risk of CVS: 1) Blink frequently!, 2) Position the monitor directly in front of you at a viewing distance of between 20 and 30 inches, 3) Enlarge the size of the font or the scale of the document to a size that is comfortable to view, 4) Reduce glare on the monitor, and 5) use the 20/20/20 rule! Every 20 minutes, take 20 seconds and look 20 feet away.



**Set your mouse free!:** Learn to RELAX when working at the computer. The repetitive clicking of an input device can lead to the overuse of tendons. So – how do you know how much is too much? If your hand/arms/shoulders get stiff and fatigued, it is "too much". Micro stretch breaks can help your body increase overall circulation and decrease fatigue.

**Backache:** Major causes of back pain can include: poor posture; long, uninterrupted work periods; improper seating; stress, repetitive lifting; lack of flexibility; weight; and/or weak abdominal muscles. At any point in time, 80% of the population at large will experience back pain. Good posture is not achieved without effort. You must consciously exercise good posture until it becomes second nature.

The above categories are only a few of the areas related to ergonomics. This list will be continued in the next issue of Student News Student Views. Remember: if you are having any symptoms, don't wait until they get worse! You must use common sense and be proactive and aware of any problems associated with ergonomics. Take action immediately to correct the problem. As well as the above website, you can contact your Industrial Hygiene and Protection (IHP) point of contact in your division, or Kerith Stender at [keriths@lanl.gov](mailto:keriths@lanl.gov).

### **Wearing Your Badge**

## SECURITY

Your badge contains information (such as your name and clearance level) that the general public doesn't need to know. Wearing your badge in public may make you a target, putting your personal safety and the Lab's security at risk. Listed below are some dos and don'ts regarding your badge.

- Do wear your badge on LANL owned, leased, or rented property.
- Remove your badge when you are not on Lab property.
- Don't use your badge for identification or unofficial purposes.
- Submit a Notification of Permanent Inactivation of badge (Form 1672) in person to the Badge Office if your badge is lost or stolen.
- Report loss or theft of your badge within 24 hours or by the next business day.
- Advise visitors of LANL badge holder responsibilities and remind them to remove their badge when they are off LANL property.



For more info contact <http://int.lanl.gov/security/documents/>. Select "Wearing Your Badge" in the Security Smarts listing to get answers to Frequently Asked Questions regarding badges.

# Community Corner



## More Hiking Trails in the Los Alamos Area

Here's a few more hiking ideas for the Los Alamos area. Remember to always tell someone where you are going. Take snacks, sunscreen, and plenty of water in case of emergency, and be prepared for changes in the weather. Also, watch for snakes sunning themselves. Be aware lightning and monsoon season is here. More info can be found on this in the June 15th edition of the Student News Student Views (Vol. 4) To see previous trails listed in this section of the newsletter, see the past issues of the Student News, Student Views newsletters. More info on the hiking trails can be found at <http://www.losalamos.com/hiking/>.

**Hiking In Bandelier National Monument:** This month's trails will focus on Bandelier. Because these hikes are best done in the early spring or late fall because of the heat, be sure to carry adequate water, and check in and out at the Visitors Center. There are penalties for disturbing the ruins. There is an entrance fee of \$10 for private vehicles, or \$3 per person in commercial vehicles, bicycles, motorcycles, etc. This entrance fee is good for 7 days, and admits you to both the main section of the monument and Tsankawi (see below hike). Pets and bicycles are NOT allowed on trails. Permits are needed for the longer hikes and overnight camping.

**Tsankawi Ruins:** morning hike - 2 miles RT: Self-guiding trail begins across from the junction of State Road 4 and East Jemez Road (also known as the truck route). A guidebook may be available at the entrance. Tsankawi is a mesa top Indian ruin dating from the 14th-16th century. It's a steep climb to the ruins and cliff dwellings. Spectacular views. (Rating: Easy)

**Amphitheater to Tyuonyi Overlook:** morning hike -- 2.4 miles RT: Trail begins at Juniper Campground Amphitheater to the right of the parking area and is marked with signs noting plants of the area, pueblo ruins, and a shrine along the way. Ideal hike for kids. Relatively flat. Beautiful overlook of Frijoles Canyon and Tyuonyi Ruin. (Rating: Easy)



**Burnt Mesa:** morning hike—4 miles RT: The trailhead is on SR4, four miles west (toward the mountains) of the main entrance to Bandelier. When trail splits, bear left. Many unexcavated ruins and mounds along the way. Great hike for wildflower and butterfly viewing, and elk in winter. (Rating: Easy)



**Visitor Center to Painted Cave:** long all day or two day hike—22 miles RT: This is possibly the most strenuous hike in Bandelier. This round trip crosses Alamo Canyon twice at its deepest point. Best done as an overnighiter. (Rating: Difficult)

## Los Alamos County Summer Concert Series



ALL SHOWS ARE FREE OF CHARGE AND ARE FRIDAY AT 7:00 PM UNLESS NOTED. BRING YOUR LAWN CHAIRS!

Friday, July 14	Ruby K's	Jimmy Stadler Band — Rock from Taos
Friday, July 21	Ashley Pond	Manzanares — Latin Dance
Friday, July 28	Ashley Pond	Nomads — Rock & Roll 50's/60's/70's

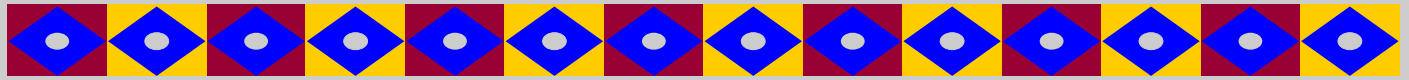
### Looking for Activities?

Listed below are some websites to find activities going on in Los Alamos and the surrounding areas.

Los Alamos: <http://visit.losalamos.com/events/>

Santa Fe: <http://santafe.org/calendar/index.html>

Activities throughout New Mexico: <http://www.newmexico.org/event/>



## 1ST ANNUAL MUD FEST 2006 MUD VOLLEYBALL TOURNAMENT



Saturday, July 15th  
North Mesa Complex  
Games begin @ 10am



*Have a Mud-Slinging Good Time!!!!*

*There will be food, music  
and lots of fun!*

### 3 Divisions

**Adult Coed** —ages 18+ and at least 4 women per team

**Junior Recreation**—ages 10-17

**Family Fun**—ALL ages

\$50 per Team

Registration Ends Tuesday, July 11th

For a copy of tournament rules, rosters and any additional information,  
please log onto our website at [www.lac-nm.us](http://www.lac-nm.us) or call the  
Recreation Division at 662-8173.



Sponsored by Los Alamos County Recreation Division

## 1st Annual Los Alamos County Dodgeball Classic

Saturday, July 29th, 2006

Sponsored by the Los Alamos County Recreation Division

### Tournament Divisions:

**Boys:** Junior, 7th & 8th grades  
Senior, 9th-12th grades

**Girls:** Junior, 7th & 8th grades  
Senior, 9th-12th grades

**Adult Coed Competitive:** ages 18+  
Team Fee will be \$50

All games will be played at the Los Alamos County  
Ice Rink. Game times to be determined.

For more information, please contact the Recreation Division at  
662-8173 or log-on to our website at [www.lac-nm.us](http://www.lac-nm.us).

**NOTE:** Although registration has ended for the Mudfest, the County invites spectators to come enjoy the show. Also, there is no preregistration for the Dodgeball Classic.

### New Mexico Trivia (answers on back page)

1. Billy the Kid's first known jailing (at age eighteen) was for what offense?
2. What is the name of the 1980 novel about a University of New Mexico professor who is a vampire?
3. What do Kachina dolls represent?
4. What part did Fort Stanton play in World War II?
5. What is the longest and highest narrow-gauge steam railroad in North America?
6. What is Trinity Site?
7. Who in the state was once dubbed the "fastest man on earth"?
8. Regardless of the temperature outside, what is the temperature inside Carlsbad Caverns?

### Calendar of Events

(LANL Student Activities highlighted in red)

- |            |                                                                              |                                        |
|------------|------------------------------------------------------------------------------|----------------------------------------|
| 7/01- 7/31 | Farmer's Market begins (every Thurs. thru October)                           |                                        |
| 7/01- 7/31 | Bandelier 90th Anniversary Event: Ranger guided Walks on the Mail Loop Trail |                                        |
| 7/13       | SA Picnic                                                                    | 12:00 - 2:00 p.m. Urban Park           |
| 7/13 - 27  | Student Survey                                                               |                                        |
| 7/15       | Los Alamos County Mud Volleyball Tournament                                  | 10 a.m. North Mesa Complex             |
| 7/15 -16   | Eight Northern Pueblos Arts & Crafts Show                                    | San Juan Pueblo                        |
| 7/17       | LANSCE Tour                                                                  |                                        |
| 7/18       | SA Breakfast hosted by The Wellness Center                                   | 8:30 a.m. Occupational Medicine Center |
| 7/19       | Technology Transfer Divisions Innovative Challenge                           | 4:30 p.m.                              |
| 7/19       | MSTea & Cookies                                                              | 4:30 p.m. Cynthia Welch (MPA-PC)       |
| 7/20       | Bandelier Tour                                                               | 9 a.m. - 3 p.m.                        |
| 7/20       | Interpretative Event: Nightwalk at Bandelier                                 |                                        |
| 7/26       | MSTea & Cookies                                                              | 4:30 p.m. Social Gathering             |
| 8/02       | MSTea & Cookies                                                              | 4:30 p.m. Cristian Pantea (MPA-NHMFL)  |



# Salsa Classes

## !Free Lessons!

Salsa1 (On1):	7:00 – 7:50pm
Practica:	7:50 – 8:15pm
Salsa2 (On1):	8:15 – 9:05pm
Practica:	9:05 – 9:30pm
Salsa3 (On2):	9:30 – 10:20pm
Practica:	10:20 – 10:45pm

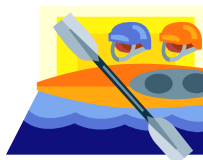
## Join us & learn to Salsa

Classes are scheduled for Wednesday nights at the Los Alamos Community Center. For more information, contact Darrin [ddawgncc@comcast.net](mailto:ddawgncc@comcast.net) (661-8599), or Maria at [maria\\_i\\_p@yahoo.com](mailto:maria_i_p@yahoo.com) (663-1047)

## Canoing and Kayaking Available

Interested in getting on the river? Join us in Los Alamos on Tuesday nights at the Walkup Aquatic Center from 7-9 p.m., and in Santa Fe every Wednesday at the Chavez Center from 7-9 p.m. This is a great opportunity for kayakers and canoers of any level to learn, practice, or just have fun doing tricks in the pool. There are usually enough boats (especially at the Los Alamos sessions) to go around, if you don't have one of your own. All levels are welcome.

There is also a group making weekly trips to the nearby rivers to try out our newfound skills on class 2 and 3 whitewater. For more info, email [quantmmech@yahoo.com](mailto:quantmmech@yahoo.com).



## Outside Movie Night at the Gold Street Apartments

Each Friday night throughout the summer depending only on weather) Greg Goddard will project movies on the side of his apartment building. Movies usually start just after dark (around 8:30 p.m.). In the past, he has tended to stay with older films (30s-60s), but he is open to requests and recommendations. Movies are prescreened to assure appropriate content. Feel free to bring friends, kids, or significant others — the more the merrier. Limited numbers of chairs are available, so bring a blanket or a lawn chair to sit on.

If interested, contact Greg Goddard at [quantmmech@yahoo.com](mailto:quantmmech@yahoo.com). He will keep you apprised of week-to-week movie plans, and can send you the current movie list.

## Your ticket to the movies!

The following movies will be showing at the Reel Deal Theatre the week of June 30 thru July 6. After this date, more current information can be found at [www.reeldealtheater.com](http://www.reeldealtheater.com).

The Devil Wears Prada	PG-13
An Inconvenient Truth	PG
You, Me and Dupree	PG-13
Superman Returns	PG-13
Pirates of the Caribbean:	
Dead Man's Chest	PG-13

### Coming Soon:

Barnyard  
Miami Vice



## Answers to Trivia Questions

1. Stealing \$70 from a merchant in Silver City (He escaped by climbing up the chimney).
2. The Vampire Tapestry
3. Kachina dancers, which in turn represent various gods (the dolls themselves never represent the gods).
4. It was a POW camp for the Germans (1941-45)
5. Cumbres and Toltec Scenic Railroad (64 miles long)
6. The location, northwest of Alamogordo at White Sands National Monument, where the world's first atomic bomb was tested
7. Dr. John Paul Stapp, who, in 1954 rode the Sonic Wind I rocket sled, whose resulting research data assisted the development of seat belts.
8. A steady 56°F

If you have any ideas as to what you would like to see included in this newsletter, please contact Carolyn Ramsey at 606-0333, or [cramsey@lanl.gov](mailto:cramsey@lanl.gov).



If you missed any of the previous editions of Student News, Student Views, you can find them at <http://sa.lanl.gov/documents.php>.

If you know students who are not receiving Student News, Student Views, have them contact Carolyn Ramsey.